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meanwhile in baseball
REDEMPTION!
metro SPORTS

A new CANADA

SPECIAL EDITION

ELECTION 2015

Trudeau's Liberals sweep to victory

- Stephen Harper steps down
- Mulcair: End to 'politics of fear and division'
- Metro's analysis: Invest in infrastructure
- Grits win key seats across Winnipeg

THE CANADIAN PRESS

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metro ELECTION

2015 FEDERAL ELECTION

CANADA'S NEW PRIME MINISTER

Liberal leader and Prime Minister Elect Justin Trudeau kisses his wife following his victory speech at Liberal party headquarters in Montreal on Monday after winning the 42nd Canadian general election. SEAN KILPATRICK/CANADIAN PRESS

The son also rises

NEW GOVERNMENT

Canadians vote for change as Liberals win

Prime Minister Justin Trudeau.

That title, which seemed improbable a mere 11 weeks ago, is now set to become a reality after the Liberals' historic, come-from-behind result, besting incumbent Conservatives and hopeful New Democrats in one of the country's longest and costliest elections.

"Canadians from all across this great country sent a clear message tonight. It's time for change in this country my friends, real change," Trudeau said in Montreal.

"A positive, optimistic hopeful vision of public life isn't a naive dream. It can be a powerful force for change."

The election ushers in a new era for Canada as Trudeau was swept to power on a vow to change how Canadians were governed and a commitment to end what he branded as the Conservatives' divisive style of politics.

Preliminary results had the Liberals at 189 seats, comfortably more than the 170 seats needed for a majority government in the expanded 338-seat House of Commons. It's a stunning rebound for a party that had been knocked down to 34 seats in the 2011 election and left for dead.

The Conservatives won 103 seats, the New Democrats 35, the Bloc Québécois 10 and the Green Party had one seat, won by leader Elizabeth May.

The day was a humiliating loss for Conservative Leader Stephen Harper, who has served as prime minister since 2006, and a crushing night for NDP Leader Thomas Mulcair.

Harper, who had led his Conservatives to three successive victories, immediately signalled he would be stepping down as leader and instructed the Conservative party to appoint an interim leader and launch a process to select a new leader, according to a party statement.

TORSTAR NEWS SERVICE

WINNING QUOTES

Canadians from all across this great country sent a clear message tonight.

Tonight Canada is becoming the country it was before.

We beat negative, divisive politics with a positive vision that brings Canadians together.

Justin Trudeau

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TRANSIT TUESDAY

Weekly Transit News Update

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Bus operator applications are being accepted this Saturday at the Garden City Shopping Centre.

If you're looking for a long term career opportunity that offers above average pay and superior benefits then drop by the Garden City Shopping Centre this Saturday before 6 pm. Our recruiters will be happy to answer all your questions.

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GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge and via Kenaston) and 160 will be lined up on Chancellor Matheson heading west towards Pembina. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are nine Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. The Blue Bombers have implemented a $5.00 charge per person for Park & Ride users. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you, for complete route and schedule information visit winnipegtransit.com or call 311.

CANADA'S GOVERNMENT

Liberal Leader Justin Trudeau greets supporters as he steps off his campaign bus for a rally October 13 in Toronto.
PAUL CHIASSON/THE CANADIAN PRESS

Grits dominate, but what happens now?

ELECTION 2015

Trudeau win caps stunning reversal of fortunes

Steve Rennie
Metro | Ottawa

Justin Trudeau's Liberals didn't just win this election. They did what few, aside from the most die-hard of partisans, thought possible a few short weeks ago.

They dominated.

They swept Atlantic Canada and never looked back.

It is a stunning reversal of fortunes for a party many wrote off as dead after the last campaign four years ago.

The shock result will leave the Conservatives and NDP scratching their heads.

But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.

From the start of this marathon campaign, the ballot-box question has been the same: do you want change, and if you do, which party has the best shot at unseating the Conservatives?

Who would have thought when this whole thing started back at the beginning of August that Trudeau's Liberals would be that party?

Trailing in the polls, without the wind that Tom Mulcair's New Democrats had in their sails, and with an untested leader prone to speaking first and thinking later, the Liberals looked like they'd be lucky to hold on to their three dozen seats.

Yet here they are, 11 week later, poised to form a majority government and to return a Trudeau to 24 Sussex for the first time since 1984.

So, what now?

We already know what the Liberals plan to do: run three years of deficits to pay for a multibillion-dollar infrastructure plan, redistribute the federal child benefits of high-income families to less wealthy ones, look at changing the Conservatives' controversial anti-terrorism legislation and reform the Senate through an arms-length process to select future members, to name a few things.

There will be much soul-searching in the rival camps.

Stephen Harper's days are done. The Conservatives will be looking for a fresh start under a new, less polarizing leader.

They must broaden the party's appeal and find a way to grow the party's traditional base if they hope to return to power.

A new leader should help. Plenty of people say they like the Conservatives but can't stand Harper. But the party will also need to decide if its hardline positions on issues such as the niqab and legalizing marijuana need to be softened.

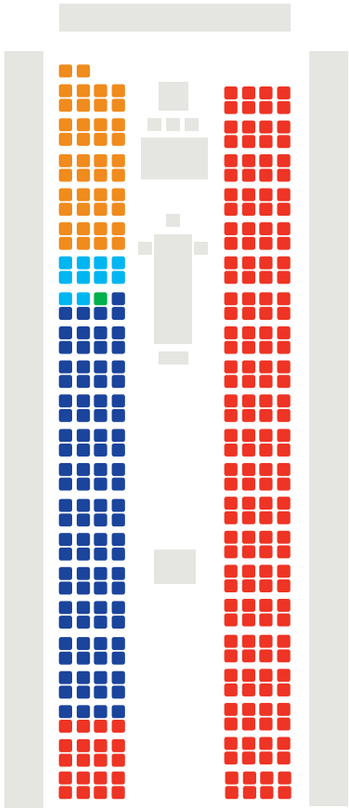
What happens to Mulcair is a trickier question. He has done an admirable job as Parliament's interrogator-in-chief, but he alienated some voters by steering his party to the political right.

He probably deserves another shot, but he may not get one. Politics is a cruel business.

> **The shock result will leave the Conservatives and NDP scratching their heads. But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.**

THE SEATS

Here's how the new Parliament looked as of press time.



LIB 185
CON 100
NDP 42
BLOC 10
GREEN 1

Election highlights from across the country

ATLANTIC

The rising Liberal tide started in Newfoundland and Labrador and washed across Atlantic Canada.

The Grits were elected or leading in all 32 ridings in Newfoundland and Labrador, Prince Edward Island, Nova Scotia and New Brunswick, turning their backs on the 13 incumbent Conservatives and six New Democrats.

"Atlantic Canada sent Stephen Harper a message — we want change," said former Conservative MP turned Liberal candidate Bill Casey, who won one of the hottest Nova Scotia races — Cumberland-Colchester — in Atlantic Canada.

The Liberals doubled their vote in Atlantic Canada with many crediting leader Justin Trudeau's many visits to the region over the 78-day campaign.

The Grits only won 12 ridings in Atlantic Canada in 2011.

Issues facing easterners included a struggling economy, nagging unemployment, threats to health-care funding and, in Prince Edward Island, the embarrassment of Conservative Sen. Mike Duffy being at the centre of a spending scandal that's still before the courts.

The veteran NDP MPs who fell included Jack Harris in St. John's East, Megan Leslie in Halifax riding, and Peter Stoffer, Sackville-Preston-Chezzetcook.

QUÉBEC

The province that marked the beginning of the New Democratic Party's dream in the last federal election was the sight of its nightmare as votes were counted on Monday night.

The party's fortress in Quebec crumbled, giving Justin Trudeau's Liberal party one big step on its way path to a majority government. But the Conservative Party and the sovereigntist Bloc Québécois also made gains amid the ruins.

When the election was called on Aug. 2, the NDP dominated Quebec with 54 seats. The Liberals had just seven MPs from the province and the Conservatives held five ridings. The Bloc had just two seats. There were five Independent MPs as well as two former Bloc MPs who founded the splinter party, Strength in Democracy.

The most obvious benefit of the faltering NDP in the majority francophone province was Trudeau's team. The party saw a number of veterans elected, including Denis Paradis, a former federal minister, and Pablo Rodriguez, who was an MP from 2004 to 2006.

Despite the NDP outcome, some big Quebec names were re-elected, including Ruth Ellen Brosseau in Berthier-Maskinongé, Alexandre Boulerice in Rosemont—La Petite-Patrie, and Guy Caron in Rimouski-Neigette—Témiscouata—Les Basques.

ONTARIO

Ontario voters giveth, Ontario voters taketh away.

Four years after Ontarians delivered Stephen Harper's Conservatives a majority government, they have handed that cherished prize to Justin Trudeau's Liberals.

Armed with a top-notch campaign run by veteran Queen's Park Liberal operatives Katie Telford and Gerald Butts, Trudeau romped to victory Monday in a province that is home to 121 of Canada's 338 ridings.

Harper's previous success in Ontario — where the Tories won 73 of the 106 seats that were up for grabs in 2011 — was easily erased by the Liberals, who had taken just 11 seats in that vote.

And the New Democrats, who had triumphed in 22 ridings here in the last election, were collateral damage with high-profile candidates like former MP Olivia Chow, Parkdale-High Park MP Peggy Nash, Davenport MP Andrew Cash, and Ottawa Centre MP Paul Dewar losing.

As of 11:30 p.m., the Grits had won or were leading in 79 of Ontario's 121 seats to 34 for the Conservatives and eight for the NDP.

The Liberals ran the table in the Greater Toronto Area, wiping out the Tories and the NDP in the 416 area code.

THE WEST

The Conservatives have dominated the West for years, but Liberals and New Democrats made some dents, with Liberals leading in two seats in Alberta.

Winnipeg riding Saint Boniface-Saint Vital was wide open after Conservative Heritage Minister Shelly Glover decided not to seek re-election following two terms. As with the red tide that swept westward across the country, Liberal candidate Dan Vandal, captured the seat ahead of Conservative Francois Catellier,

The NDP sweep in the provincial election didn't mean much for the party in this riding, held for the Conservatives by former Calgary Herald editor Joan Crockatt, who first won in a 2012 byelection.

With one-third of the polls reporting, she was slightly ahead of Kent Hehr, a former Liberal member of the Alberta legislature.

The New Democrats, which entered the election with no seats in Saskatchewan, were counting on a win in Saskatoon West, a redistributed urban riding, which would have gone NDP in the 2011 vote. And they got it. Sheri Benson, took an early lead and held it thanks to a vote split between city councillor Randy Donauer for the Conservatives and the Liberals under Lisa Abbott, a lawyer.

TORSTAR NEWS SERVICE

THREE IMPORTANT LIBERAL CAMPAIGN PROMISES

Infrastructure spending

Almost double federal spending on infrastructure over next decade by adding $60 billion on top of the $65 billion already committed, even though it will mean running an annual deficit of up to $10 billion to 2019.

2 New childcare benefit

A new child benefit meant to provide greatest benefit to lower-income families. For a two-child family earning $45,000 a year, the benefit would provide $9,850 a year.

3 Income tax rate changes

Reduce income tax rate to 20.5 per cent from 22 per cent for those with taxable income between $44,700 and $89,401. The Liberals would introduce a new tax rate of 33 per cent for those earning more than $200,000 annually.

CANADA'S OPPOSITION

HARPER QUOTES

During the past nine years it has been an unbelievable honour to serve as your prime minister.

Know this for certain: When the next time comes, this party will offer Canadians a strong and clear alternative based on our ... values.

While tonight's result is certainly not the one we had hoped for, the people are never wrong.

Stephen Harper greet supporters in the Calgary Heritage riding prior to the Conservative leader conceding defeat. THE CANADIAN PRESS

Harper to step down as leader after election loss

NEW LEADERSHIP

Conservatives now the official opposition

Monday, as many Conservatives wrestled with a heartbreaking loss, Harper stepped down as party leader, said Conservative Party national president John Walsh.

"I have spoken to Prime Minister Stephen Harper and he has instructed me to reach out to the newly elected parliamentary caucus to appoint an interim leader and to the National Council to implement the leadership selection process pursuant to the Conservative Party of Canada constitution."

"I wish to address all Canadians," Harper told a large crowd of supporters here. "During the past nine years it has been an unbelievable honour to serve as your prime minister."

"We put it all on the line, we gave everything we had to give and we have no regrets whatsoever."

Jason Kenney, defence minister in Harper's cabinet, said "it's a bad night for the Conservative party, but we'll come back." He said the Conservatives' policies were not the problem but "where we went wrong was on tone," said Kenney.

"We need a conservatism that is sunnier and more optimistic," he said. "We have to take collective responsibility for that."

He deflected questions about leadership ambitions.

The first outward sign of trouble on election day in Stephen Harper's Calgary home base was the grim looks on his staffers' faces as the Conservative leader arrived to vote.

Then came reports from the Conservative campaign across the country. It looked bad. Mid-morning officials thought the party could emerge with just 120 seats.

But there was Harper, visibly at ease with an outcome he knew in his gut was coming — that his campaign was skidding to a brutal loss. Harper had a relaxed lunch with his campaign team, boosting their spirits, and spent time preparing "lots of speeches," at ease with a number of possible outcomes.

Those who know Harper best say it was the same ease he has carried since February when he made the decision to call an unexpected early election campaign that would start in August — a decision his campaign does not regret.

> **We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.**
> Stephen Harper

The decision that Harper made on whether to stay or go was known to very few.

Earlier, before Harper announced his intention to step down, Guy Giorno, chair of the Conservative campaign, had said there would be an in-depth post-mortem on how the campaign was conducted but rejected any suggestion that Harper was not the man to lead it.

He said it was a simply a near impossible feat to win four mandates. "We just couldn't buck history."

Giorno ascribed the Conservative loss to the collapse of the NDP vote, and said, "We are "proud" of the campaign Harper conducted, but declined to identify where he thought it went wrong.

"I'm the chair of the campaign. To the extent we fell short of the mark, I'm accountable the buck stops with me, I take responsibility for that."

Asked if the Conservatives had underestimated Trudeau, Giorno dodged. "I think we had the measure of what he was promising to do which is to raise taxes and cut benefits from Canadians and now Canadians will see that."

"The prime minister knew we were in for an extremely difficult battle," said campaign official Ken Boessenkool in an interview with Torstar News Service, but Harper didn't want to leave the fallout from the Mike Duffy fraud trial "and other stuff" to another leader.

"He thought it best that he take us into this campaign, that he lead the campaign and that he leave a strong vibrant party if that was Canadians' choice to the next person."

Boessenkool said Harper can hold his head high because he has left the party in strong shape for the long term.

For many, there was only one possible outcome. Harper would have to step down in order for the party to rebuild.

"There'll be legacy discussion, mourning and an immediate leadership," race that begins Tuesday said one Conservative organizer.

Recriminations were beginning, and blame assigned, in some cases to campaign manager Jenni Byrne who was not in Calgary for Election Day — while the other top people on the campaign team were.

TORSTAR NEWS SERVICE

Shocking collapse as NDP support waivers

THOMAS MULCAIR

Campaign built around 'change' fails to live up to momentum

The New Democrats came so close, but then the campaign rolled on and history left the historic hopes of the New Democrats — and their beloved Official Opposition status — behind.

Thomas Mulcair did not become prime minister in the first federal election where one could talk seriously about that being a possibility, and by 11 p.m. had already spoken to prime minister-designate Justin Trudeau to congratulate him on his victory.

Early results suggested Mulcair would keep his Montreal riding of Outremont, but the race looked very close as much of the rest of the province — and the country — got swept up in the Liberal momentum.

There will be much disappointment (and second-guessing) in the ranks for that, as the party recovers from its orange crash. Was it the niqab? Was it the decision to promise a balanced budget? Was it that Mulcair could just not compete, on a personality level, with the charismatic Trudeau?

Time will tell as the post-election analysis comes in, but as one NDP insider put it even before the devastating results started rolling in Monday night: This was a momentum campaign, propelled by the desire for change, and the momentum did not go their way.

The bad news began in Atlantic Canada, losing both NDP Deputy Leader Megan Leslie and long-time MP Peter Stoffer to the Liberals.

They knew those provinces would likely be a near-Liberal sweep, but by the time the Quebec results started rolling in, it was clear the NDP had fallen hard and fast to third place.

The mood in the room was sombre, with a smattering of cheers and applause as the occasional victory rolled in — including that of Ruth Ellen Brosseau in the Quebec riding of Berthier-Maskinongé, the young woman who travelled to Las Vegas during the 2011 election campaign and then had come to symbolize how many of the paper candidates from 2011 had worked hard to become serious MPs.

Early results also suggested they would be able to hold their own in British Columbia.

But celebrations came few and far between, despite party president Rebecca Blaikie at one point yelling some enthusiasm into a microphone in front of a relatively small crowd of supporters: "It ain't over till it's over!"

But it was over, really, and it was even hard to see a silver lining, beyond the fact that Conservative Leader Stephen Harper — against whom they campaigned hard — had gone down to defeat.

Before the poll results started coming in, NDP sources who acknowledged their path to victory had disappeared were still confident the party would at least receive its second-best result in its history.

That second-best bar was not a high one to jump. Before 2011, when the late Jack Layton led his party to Official Opposition status, the highest number of seats they had ever had in Ottawa was 43, under former leader Ed Broadbent.

And yet, they did not even make that.

The fall from 95 seats at the dissolution of Parliament to Elections Canada online results showing them leading in just 42 seats, at time of publication Monday night, is a steep one. And this, especially, for a campaign that had been arguing the party needed only 35 more seats to defeat the Conservative government of Stephen Harper, unlike the 100 needed by the Liberals, who in the end were the ones to actually do it.

TORSTAR NEWS SERVICE

NDP Leader Tom Mulcair speaks to supporters Monday in Montreal. THE CANADIAN PRESS

MULCAIR QUOTES

Canadians have turned the page on 10 long years and have rejected the politics of fear and division.

I could not be prouder of the diversity and strength of our NDP team.

SAANICH-GULF ISLANDS

May welcomes crowd to 'post-Harper era'

Thandi Fletcher
Metro | Vancouver

Elizabeth May has done it again.

The Green Party leader coasted to victory Monday night, winning her seat as MP for Saanich-Gulf Islands on Vancouver Island for the second time.

Although the polls had just closed in British Columbia, May waltzed into the Green election headquarters like a winner, walking hand-in-hand with Green candidates Jo-Ann Roberts and Frances Litman as her forecast of a Stephen Harper Conservative defeat appeared to be coming true.

"Welcome to the first night of the post-Harper era!" a beaming May said to a crowded room of about 150 supporters. "I don't know for sure about being re-elected except that Tom Mulcair just called to congratulate me for being re-elected."

Before that call, May said she also spoke to Liberal Leader Justin Trudeau on the phone to congratulate him on his victory and to ask when she could meet with him to discuss the upcoming United Nations climate conference.

But it wasn't all celebration for the Greens.

Heading into the election, May, who was one of just two Green MPs in the last Parliament, hoped her party would gain the support of enough voters to secure a more influential presence in Parliament.

Once the final votes were tallied, however, it became clear that May's hopes were dashed as the party retained only her seat.

At press time, the party's share of the popular vote appeared to have dropped to 2.9 per cent.

Speaking to Metro after her win, May said she blamed strategic voting, as well as being excluded from three of the five leaders' debates on the Green's low seat count, especially in B.C.

WITH FILES FROM TORSTAR NEWS SERVICE

MAY QUOTE

We have a huge base to build on and people will vote green next time.

Green Party Leader Elizabeth May breaks into song and dance to celebrate the repudiation of Stephen Harper.
THANDI FLETCHER/METRO

IN BRIEF

Ballots scarce as voter turnout surges in Prairies

Voter turnout was so high on some reserves on the Prairies that there were reports of a handful of polling stations running out of ballots.

Leanne Nyirfa with Elections Canada said stations were stocked with ballots based on turnout from the last federal election in 2011.

She said a station on Siksika Nation, east of Calgary, went without ballots for about 15 minutes until workers could deliver more.

Sheila North Wilson, grand chief of a group representing First Nations in northern Manitoba, said she was told there were not enough ballots on some remote reserves in the province.

She said some voters were given photocopies of blank ballots instead.

North Wilson said the turnout showed the First Nations vote has mobilized and people want change.

THE CANADIAN PRESS

WINNIPEG VOTES

Red wave sweeps

New Liberal MP Doug Eyolfson hugs his wife Sowmya Dakshinamurti after winning the Charleswood-St. James-Assiniboia-Headingley seat from Conservative Steven Fletcher. SHANE GIBSON/METRO

RIDING RESULTS

Previously safe seats fall to Liberal majority

Elisha Dacey
Metro | Winnipeg

It was a similar scene played out across the country.

NDP and Conservative incumbents alike were swept away on election night in Winnipeg, where once-safe seats fell before the charging Liberal storm.

Perhaps this was felt most keenly in Winnipeg Centre and Charleswood-St. James-Assiniboia-Headingley, where longtime NDP incumbent Pat Martin fell to former mayoral candidate Robert-Falcon Ouellette for the Liberals, and PC Steven Fletcher lost his seat to Liberal Doug Eyolfson.

In the new riding of Saint Boniface-Saint Vital, former city councillor Dan Vandal easily beat Conservative Francois Catellier, with the NDP's Erin Selby (a former Manitoba MLA who resigned to run) came in a distant third. The riding of St. Boniface was previously held by Conservative Shelley Glover, who decided not to fight for the new riding.

> **The most dramatic riding ... came from Elmwood-Transcona**

Winnipeg South froze out Gordon Giesbrecht and his bid for a conservative seat, with Liberal Terry Duguid handing "Professor Popsicle" a loss. Kildonan-St. Paul, which was up for grabs after conservative Joy Smith announced she wasn't going to run again, saw Liberal MaryAnn Mihychuk beat out NDP Suzanne Hrynyk.

Winnipeg South Centre, once thought to be close, saw incumbent Joyce Bateman go down to Liberal Jim Carr. And Winnipeg North saw Liberal Kevin Lamoureux retain his seat.

The most dramatic riding of the night came courtesy of Elmwood-Transcona, with frontrunners Daniel Blaikie (NDP) and incumbent Lawrence Toet (CON) flip-flopping. As of publishing, a winner had not been declared.

The power ridings Political veterans nab key races

St. Boniface-St. Vital

Former city councillor beats out former MLA

Dan Vandal has been elected to serve as Member of Parliament in the St. Boniface-St. Vital riding.

Vandal, a former Winnipeg city councillor, beat out NDP candidate Erin Selby and Conservative candidate Francois Catellier to take the riding in Monday's federal election.

Vandal was asked his thoughts on both his victory and the Liberal government taking a majority government on Monday.

"I feel really fortunate to be on the ground floor of something extraordinary," he said. "It was months and months and years in my case of campaigning just all came together. We have a fantastic leader, we have a fantastic campaign and platform. I couldn't be prouder than this evening."

Erin Selby said she was proud of her campaign despite the loss.

"It was a long election, all elections take a lot of energy," she said. "A lot of volunteers, a lot of people who put the time in, but I'm really proud of the work that we did."

— DAVE BAXTER/METRO, WITH FILES FROM SAMANTHA SAMSON

Winnipeg Centre

Ex-mayoral candidate defeats fiery incumbent

Voters in the heart of Winnipeg joined Canada in blushing red, electing a new fresh-faced Liberal to represent the area in Monday's federal election.

Robert-Falcon Ouellette, former mayoral candidate, is now Ottawa bound to sit as the member of parliament for Winnipeg Centre, defeating the riding's 18-year NDP incumbent, Pat Martin, in Canada's 42nd federal election.

"It's about time we have change for Winnipeg Centre because we need a strong voice to help people," Gerry Bisch, a volunteer for Ouellette's campaign said election night as polls results rolled in.

Meanwhile, Martin raised a glass to supporters gathered at his campaign party headquarters, the Irish Club.

Martin was characteristically rousing in his goodbye, saying he regrets nothing in his nearly two-decade career as the riding's MP, minus some foul language. "This is not a time for gnashing out teeth and rending our garments," he said, pointing to the 35 seats won by the NDP nationally.

— STEPHANIE TAYLOR/METRO, WITH FILES FROM RAEGAN HEDLEY

Winnipeg South Centre

Jim Carr takes riding from Joyce Bateman

What was once considered the safest Liberal seat in Western Canada is back in the hands of the Grits after four years of Conservative rule.

Liberal candidate Jim Carr unseated incumbent Winnipeg South Centre MP Joyce Bateman in Monday night's federal election.

In a speech to supporters after the win, Carr promised to hold four town hall meetings in the riding a year to hear from the community.

"We have been listening to the people of Winnipeg South Centre," he said. "Believe it or not we won't be right all the time — that's why we'll have tolerance for dissent."

Over at Bateman's camp, supporters expressed shock — not only about her loss — but also the wave of support across the country that led the Liberals to a majority mandate.

"This is going to 'fuddle-duddle' the whole country," said Lyle Barnsley. "The Liberals are going to ruin this country."

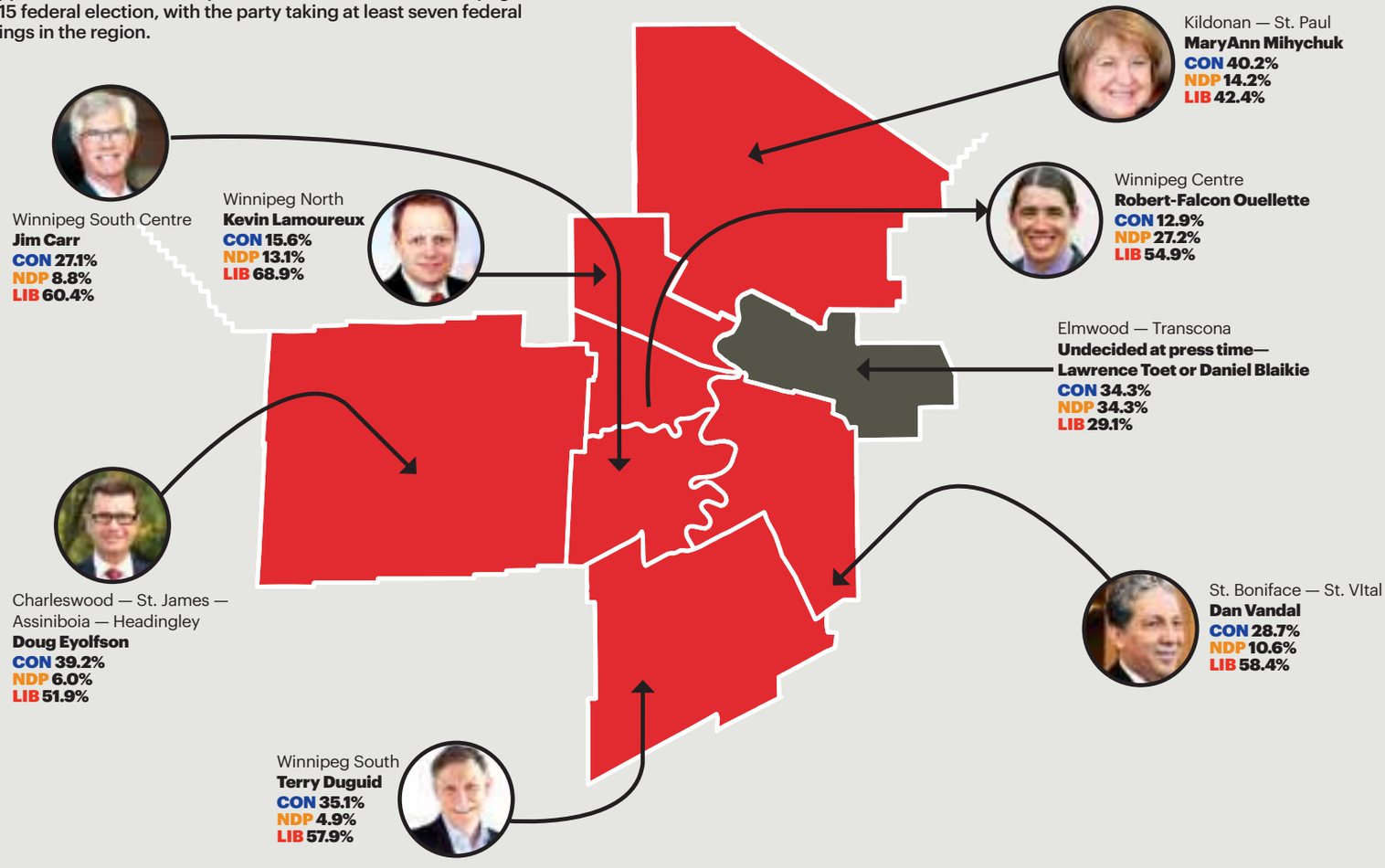
Bateman did not address supporters after her loss.

— SHANE GIBSON/METRO, WITH FILES FROM JAMES DOROSHUK

over Winnipeg

Mapped: what Winnipeg looks like now

Support for the Liberal Party's candidates dominated Winnipeg in the 2015 federal election, with the party taking at least seven federal ridings in the region.



Liberal win may yield bucks for city

ANALYSIS

Mayor eyes progress on transit priorities

Colin Fast
Metro | Winnipeg

Winnipeggers got swept up in a national sea of red on Monday, and the result has the potential to shape city and provincial politics for years to come.

The city was clearly a target for the Liberals, with leader Justin Trudeau making three stops here during the campaign, including at a large rally on Saturday night where he committed to completing the Southwest Transitway, and partnering with the city and province to build Freedom Road at Shoal Lake 40 First Nation, the source of Winnipeg's drinking water supply.

In total, the Liberals have pledged to spend roughly $60 billion over the next decade on transit, social housing and green infrastructure, such as water and wastewater projects. This could help the city build further legs of rapid transit, and deal with a huge upcoming bill to upgrade its wastewater and drainage systems.

"The Liberal platform included the highest commitment to cities for public transportation," said Mayor Brian Bowman late Monday night.

"I'm looking forward to working on moving important transit priorities forward with our new federal partners," Bowman added.

One big question is who Bowman might be negotiating with on those priorities. While Pierre Trudeau had Lloyd Axworthy as his only MP west of Ontario, Justin Trudeau will have an abundance of potential cabinet ministers to choose from in Winnipeg.

Winnipeg South Centre MP Jim Carr seems a likely choice, but Saint Boniface-Saint Vital's Dan Vandal, Winnipeg South's Terry Duguid and Kildonan-St. Paul's MaryAnn Mihychuk all have previous experience in government.

Winnipeg North incumbent MP Kevin Lamoureux could also be in line for some recognition for his long service, perhaps as a party whip or speaker.

And the Liberal surge could impact next spring's provincial election, too.

Rana Bokhari's provincial Liberals are already running neck-and-neck with the NDP in recent opinion polls, and any bump they get from Trudeau's popularity could be the final nail in the coffin for Greg Selinger's government.

CANADA VOTES

The visual campaign

The 11-week road to Parliament, with photos curated by Metro photographer Liz Beddall

Michael Woods
Metro | Ottawa

The longest federal election campaign in modern Canadian history had its share of twists and turns. Here are some that stood out.

Aug. 6: First leaders' debate

With the Liberals third in the polls, party leader Justin Trudeau delivered a fiery performance at the first debate, outstripping expectations and setting the tone for his ascent in the polls.

Aug. 11-19: Nigel Wright testifies at Mike Duffy trial

Stephen Harper's former chief of staff's testimony provided an unflattering look at the inner workings of a prime minister's office in crisis mode.

Aug. 27: Liberals promise deficits

In a bold strategic move, the Liberals aimed to remove themselves from the pack by proposing deficit spending until 2019 to invest in infrastructure.

Sept. 3: Alan Kurdi

The photo of three-year-old Syrian boy Alan Kurdi's body on a beach in Turkey, and revelations that his relatives were hoping to reach Canada, rocked the campaign in early September.

Sept. 15: Niqab ruling

The Conservatives pledged to challenge a court ruling striking down its ban on the niqab at citizenship ceremonies, leading to accusations that the party was fostering anti-Muslim sentiment.

Oct. 5: TPP

The Conservatives heralded the Trans-Pacific Partnership as a historic economic agreement. The NDP opposed it and the Liberals said they would study it further.

Liberal Leader Justin Trudeau poses for a selfie with a supporter in Waterloo, Ont. The cellular self-portrait made a major splash throughout the election campaign and was particularly prevalent along Trudeau's trail. JONATHAN HAYWARD/THE CANDIAN PRESS

NDP Leader Tom Mulcair and his granddaughter play on a pumpkin in L'Assomption, Que. The campaign offered the leaders plenty of photo ops. RYAN REMIORZ/THE CANADIAN PRESS

'Anyone but Harper' became the rallying cry of the electoral left, while the Conservative leader continued to enjoy strong support in the polls. JONATHAN HAYWARD/THE CANDIAN PRESS

Green Party Leader Elizabeth May, right, participates in a No to Energy East and Line 9B Pipelines protest in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Amena Kathrada, centre, walks out of the Hellenic Cultural Centre in Toronto after casting her ballot for this year's election. Stephen Harper made religious attire an election issue with his government's efforts to ban niqabs at citizenship ceremonies. MELISSA RENWICK/TORSTAR NEWS SERVICE

Liberal Leader Justin Trudeau, left, NDP Leader Tom Mulcair, centre, and Conservative Leader Stephen Harper come together for the Globe and Mail-hosted leaders' debate last month. RYAN REMIORZ/THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, October 20, 2015

ROSEMARY WESTWOOD

It felt more like a relief than a victory. 'A lot of good people lost,' my friends echoed each other — excited to see the Conservatives out of power, but sad to see the gutting of the NDP.

I could tell our hostess had been giddy all day.

"I feel like someone who loves sports," she said breathlessly as we rode up the elevator. It was only 5 p.m.

Your election party might have been rowdy. Ours was candlelit. Camembert cheese (thankfully not ice-cold), a homemade North African peanut soup and bottles of red wine. How else does a feminist salon — in the sense of an assembly of friends — toast to the demise of Stephen Harper?

There was the hostess, who is a social-justice advocate, and our friends, the lawyer, the fashion designer and the non-profit manager. For a night amped up this much on social media, we were ready to be giddy. Then the CBC — and Peter Mansbridge in particular — started coverage with all the pulse and excitement of a funeral. It would turn out to be Stephen Harper's.

We watched Mansbridge humdrum his way through Atlantic Canada's red sweep, caught a shot of Ian Hanomansing and a hit of actual energy from the unequalled Rosemary Barton, and switched to the Jays, just in time for the second inning go-ahead run.

"Come on, come on, come on!"

"Yes, yes, yes!!"

By then, the Liberals had 60 per cent of the votes counted so far, and it was time for brownies and ice cream.

"Should I microwave these brownies so they're gooey?" asked Hostess.

The ladies squealed as the Jays rapidly scored another spate of runs. And the CBC's snoozefest coverage continued, until 9:41 p.m., when we switched back.

"Based on this," Mansbridge was saying, "the next prime minister of Canada will be Justin Trudeau."

"Oh my God. Oh my God," said Non-Profit.

"Eat it, Stephen Harper!" said Lawyer.

CBC was calling 54 seats for the Liberals, 18 for Conservatives, and the NDP? Just three.

"The NDP just got slaughtered," I said.

"They really did," Non-Profit said.

In Outremont, though early in the polls, Thomas Mulcair trailed in his own riding.

"Oh dear," Non-Profit sighed. "He must be, like, 'How did this all happen'?"

The CBC's background was by then awash in red, with photos of Justin Trudeau in a canoe.

"It's like 165!"

"Really fast!"

There was only one Liberal voter in the bunch. But no one was sad for a Trudeau win — just sympathetic for the NDP. Non-Profit would have wanted a coalition. The others agreed.

They bemoaned the loss of Megan Leslie in Halifax and Peggy Nash in the GTA — popular politicians who seemed to have lost more to anti-Harper sentiment than to Trudeau.

The votes rolled in.

"Oh, Chris Alexander lost!"

"Excellent!"

"Yes! Fantino's gone!"

Stephen Harper was projected to win his seat.

"I just want to see him concede," I said.

"Ooh," the ladies cooed.

All the anger on all sides of the spectrum gives way, on election day, to hope.

"He'll probably just scurry home," Non-Profit quipped.

"What'll he do after?" wondered Hostess.

"He'll do some stupid Conservative think tank and write some angry articles," Non-Profit answered. "He'll love it. And play in his band the Vancats."

I held my breath for one more Green MP, and the CBC called it a Liberal majority.

It felt more like a relief, less like a victory.

"A lot of good people —"

"A lot of good people lost," said Designer.

They echoed each other: excited to see the Conservatives kicked out of power, but sad to see the gutting of the NDP.

Earlier in the day, just after voting, I'd felt the gleam of a new government. It was silly, but I felt I already knew it was the end of Harper, the start of something.

There was sunlight. Lemon and lime and cherry-red leaves. Dogs poked their heads over fences. I saw an Olivia Chow supporter's Harper's Last Day pin, and it finally felt possible, instead of simply aspirational.

All the anger on all sides of the spectrum gives way, on election day, to hope.

But we didn't vote for newness, so much as voted against the status quo.

"It's easier to say now, to feel badly for the NDP, because we know we're not threatened by the Conservatives," noted Designer. "But we all said before, 'not Harper.' And this is what we're left with."

Plus, they added, "We have a new, young, hot Prime Minister!"

"Everyone is going to be like, Where did they get this hottie from?"

Answer: The dynasty train.

THE MICROTREND: Peer pressure at the polls

The result may not be the only surprising thing about this election. There were signs of a turnaround in youth turnout. Social-media newsfeeds were crowded with young people encouraging others to vote — with selfies, with funny memes and occasionally with shaming tactics. The excitement was palpable online, from an indigenous youth voting campaign to a site for organizing "vote parties," making civic duty a social occasion. Why? It could be Conservative fatigue, or university students who were allowed to vote on campus in their home riding for the first time. But it might also be that since 2011, many millennials have transitioned into full-blown adults, with homes of their own, taxes to pay, small children and aging parents. Where there was once utter disaffection, there are now urgent reasons to vote.

Long-simmering campaign a recipe for voter engagement

Emma Teitel

On Oct. 10, Mary Cleaver, a B.C. woman in her 40s, posted on Facebook about why she would not be voting for Stephen Harper, even though his party's economic policies might benefit her family.

"You've underestimated us," she wrote. "On Oct. 19, we're not voting for our bank balance. We're voting for change because we want the caring Canada of our youth back."

Cleaver's post was shared in the thousands from coast to coast. Spreading Cleaver's message were disenchanted Conservative supporters and staunch progressives eager to disseminate any criticism of Harper. But the group I noticed linking to Cleaver's post most enthusiastically were people my age, in their 20s — a demographic thought unlikely to show up at the polls, yet clearly inspired by the notion that a person would base their vote not on how it might affect her, but on how it might affect the lives of others.

Say what you want about this campaign's bizarre ugliness, but you'd be remiss if you failed to acknowledge that this was a remarkable campaign for youth engagement. It was rife with an unusual passion for the democratic process.

People still may not be voting at the rates they should be, but they are at least learning about politics. Political discourse, whether partisan, balanced or incomprehensible, was almost impossible to ignore this election season.

"People really recognized this was an important and decisive election," said Melana Roberts, 26, co-chair of the Toronto Youth Food Policy Council. "Young people ... are far less apathetic. We are recognizing we are the makers of our own futures, and if we don't stand up for the things we believe in, no one else will."

Roberts may be right about waning apathy. But I have a different theory about high youth engagement with politics: Our election was simply too long to ignore.

If you're a politically uninformed person (I was one for a very long time), when there is an election — usually five weeks in Canada — you typically tune in twice: when the campaign kicks off, and before you're supposed to go to the polls, when you hastily read whatever campaign literature you can get your hands on.

But the protracted election cycle gives voters no choice but to marinate in the issues, and it's infinitely beneficial in an age where sites filter out content deemed irrelevant to our personal interests. Yes, taxpayers have to foot the bill for a long election, but some things — a healthy, engaged democracy for one — are worth the time and money.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

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PHILOSOPHER CAT
by Jason Logan

Business group backs carbon tax, pipeline

CHAMBER OF COMMERCE

Proposals include trade pact, pension reform

The Canadian Chamber of Commerce is urging the next federal government to implement a suite of initiatives, including changes to the Canada Pension Plan and the adoption of a national carbon tax aimed at cutting greenhouse gas emissions within 35 years.

The business organization, which represents chambers and boards of trade across the country, says the policy changes were part of 49 resolutions adopted at its annual meeting over the weekend.

It's calling on the federal government to work with provinces on a new tax, or legal limit, that would lead to a "substantial reduction" in greenhouse gas emissions by 2050, though the chamber didn't provide any specific goals in its announcement.

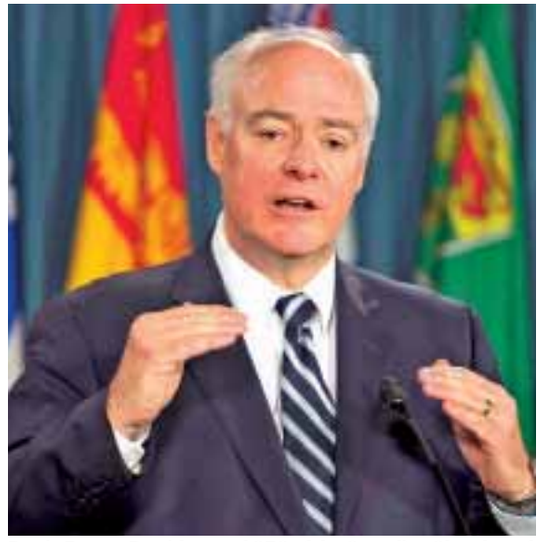
The chamber is also pushing for reforms to the Canada Pension Plan that would let employees contribute higher amounts.

It is also asking for "favourable conditions" to support TransCanada's Energy East Pipeline, a proposed development that would have the capacity to transport 1.1 million barrels of crude oil per day from Alberta to refineries and ports in Eastern Canada.

Among the other resolutions was support to finalize the Trans-Pacific Partnership and an initiative to streamline applications under the federal temporary foreign workers program.

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said chamber president and CEO Perrin Beatty in a statement.

THE CANADIAN PRESS



Perrin Beatty, President and CEO of the Canadian Chamber of Commerce, speaks about the Trans-Pacific Partnership during a news conference in Ottawa, Monday October 5.

ADRIAN WYLD/THE CANADIAN PRESS

NEW YORK

Gangster on trial for 'Goodfellas' heist

An aging gangster went on trial Monday on charges he was in on the $6-million Lufthansa holdup in 1978, a legendary theft dramatized in the hit film Goodfellas.

The brazen armed robbery of cash and jewelry in the dead of night at a cargo terminal at Kennedy Airport was "the score of all scores" for Vincent Asaro and other mobsters of his generation, Assistant U.S. Attorney Lindsay Gerdes said in opening statements in federal court in Brooklyn, N.Y.

Asaro, 80, aligned himself with heist mastermind, the late James "Jimmy the Gent" Burke — played by Robert De Niro in the 1990 Martin Scorsese film — "because he knew Burke was someone he could make money with," Gerdes said. "Jimmy Burke and Vincent Asaro were true partners in crime."

Defence attorney Diane Ferrone countered by accusing the government of relying on the testimony of untrustworthy turncoat mobsters, including a close associate of Asaro's cousin, Gaspare Valenti. She labeled the cousin a con artist who became a paid government informant in the late 2000s.

THE ASSOCIATED PRESS

IN BRIEF

TD review streamlines Canadian operations

Toronto-Dominion Bank is eliminating some jobs and changing others as part of a company-wide review.

TD had more than 80,000 full-time equivalent staff last year, according to the bank's 2104 annual report. THE CANADIAN PRESS

market minute

DOLLAR 76.81¢ US (-0.64¢)

TSX 13,758.38 (-79.72)

OIL $45.89 US (-$1.37)

GOLD $1,172.80 US (-$10.30)

NATURAL GAS: $2.44 US (+1¢)
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Migrants and refugees on a dinghy from the Turkish coast arrive on the northeastern Greek island of Lesbos on Monday. More than 600,000 people, mostly Syrians, have reached Europe since the beginning of this year. SANTI PALACIOS/THE ASSOCIATED PRESS

Migrants hit Croatia

CRISIS

Border opened to let refugees keep moving to Slovenia

Thousands of people trying to reach the heart of Europe surged across Serbia's border into Croatia on Monday after authorities eased restrictions that had left them stranded for days in ankle-deep mud and rain.

The wave of humanity left behind a field scattered with soaked blankets, mud-caked clothing and waterlogged tents as they headed for Slovenia, the next obstacle to their quest to reach richer European Union nations via the Balkans.

Monday's surprise move allowed an estimated 3,000 more migrants to enter Croatia bound for its small Alpine neighbour, which also has been struggling to slow the flow of humanity across its frontiers — and faced another wave of trekkers seeking to reach Austria and Germany to the north.

900

Number of migrants estimated to have reached Austria through Slovenia on Monday.

"Without any announcement, the borders opened. When the borders opened, everybody rushed," said Melita Sunjic, a spokeswoman for the UN refugee agency.

Many had discarded their mud-soaked socks and walked only in sandals or slippers through the ankle-deep muck in a driving rain, frigid winds and fog.

Croat police stood aside to permit asylum-seekers by the thousands to walk toward buses for transport north — where they would become Slovenia's problem.

Croatia's prime minister, Zoran Milanovic, said conditions on the poorly sheltered Serb side of the border had quickly grown unbearable.

"It's apparent that this is no solution, so we will let them through. We will send them toward Slovenia," Milanovic said. THE ASSOCIATED PRESS

GERMANY

Violence erupts at anti-Islam rally

Violence flared in the eastern city of Dresden after German anti-Islam group PEGIDA staged a rally to mark its first anniversary Monday.

Scuffles broke out when police tried to separate far-right protesters and counter-demonstrators attempting to block their path. Marko Laske, a spokesman for city police, said one person was hospitalized and a counter-demonstrator was detained.

Dresden authorities had warned ahead of the protest that they would crack down hard on violence, amid growing concern in Germany that PEGIDA — whose name stands for "Patriotic Europeans against the Islamization of the West" — is becoming more radical.

German officials accuse the group of trying to capitalize on fears of immigration amid an unprecedented influx of refugees to the country.

Many in the crowd held banners with slogans such as "refugees not welcome." Speakers who touched on the issue of migration elicited chants of "send them back."

Germany's top security official warned that groups such as PEGIDA were paving the way for violence, citing a sharp increase in attacks on refugee shelters this year and a weekend knife attack on a leading candidate to be mayor of Cologne. The attacker told police he acted out of anti-foreigner motives.

Interior Minister Thomas de Maiziere told public broadcaster ARD late Sunday that the domestic intelligence service was monitoring PEGIDA and called its leaders "hard far-right extremists."

Monday's protest drew a bigger crowd than the previous week, when some 9,000 joined the rally. Organizers claimed almost 40,000 attended. THE ASSOCIATED PRESS

Protesters attend an anti-Islam demonstration in Dresden, eastern Germany, on Monday. JENS MEYER/THE ASSOCIATED PRESS

ISLAMISTS OUSTED

Turnout low in first Egyptian election after Morsi

Egypt gave government workers a half-day off on Monday in an attempt to boost low turnout in the first legislative elections since a chamber dominated by Islamists was dissolved by a court ruling in 2012, but there was no sign of increased activity at polling stations.

Monday is the second day of voting in 14 provinces. Voting in Egypt's other 13 provinces, including Cairo, will take place next month.

Final results are scheduled to be announced in December and the 596-seat chamber is expected to hold its inaugural session later in the month, thus completing a three-phase political roadmap announced by President Abdel-Fattah el-Sissi when, as military chief, he ousted Islamist leader Mohammed Morsi in July 2013.

The first two phases were drafting and adopting a new constitution by January 2014, replacing a charter mostly written by Morsi supporters and which had an Islamist slant. Presidential elections, which el-Sissi won last year, were the second stage.

> **Unfortunately the youth aren't coming out. Us old people are.**
> Retiree Fatima Salam

The parliamentary elections are widely expected to result in a rubber-stamp assembly supportive of el-Sissi. A low turnout would indicate growing disillusionment or distrust of the political system under his rule.

Prime Minister Sherif Ismail was quoted by the official Middle East News Agency as saying turnout in Sunday's voting was between 15 and 16 per cent. Some half-dozen judges interviewed on Monday gave roughly the same figure.

The figures given by officials, however, appeared to be much higher than the coverage by TV news networks would suggest. State media has acknowledged that turnout was generally weak on Sunday.

Associated Press reporters who toured polling centres across Giza on Sunday and Monday said that, unlike in elections held since the 2011 uprising that toppled autocrat Hosni Mubarak, there were no long lines. THE ASSOCIATED PRESS

Soldiers inspect voters' documents outside a polling station in Fayoum, Egypt on Monday. EMAN HELAL/THE ASSOCIATED PRESS

IN BRIEF

Eritrean slain by mob was mistaken for a Palestinian

The death of an Eritrean migrant who was shot and beaten by a mob that mistakenly believed he was a Palestinian attacker set off a round of soul-searching Monday amid the jittery atmosphere sweeping Israel in a wave of unrest.

Some critics accused Israel's leaders of fostering the charged climate, while others called for the swift prosecution of the crazed mob.

Nine Israelis have been killed in the past month in the attacks, mostly stabbings. At least 41 Palestinians have been killed — including 20 identified by Israeli authorities as attackers; the rest were slain in clashes with Israeli forces. THE ASSOCIATED PRESS

metro LIFE

Your essential daily news

Oprah's new diet is Weight Watchers' gain as she buys a stake in the company

Trans Canada in harm's way

WELLNESS

Documentary shows access to transgender health care is bumpy at best

Henrietta Walmark
Metro | Canada

AJ Ripley is a non-binary trans-masculine PhD student fighting for funding of proper health-care services in New Brunswick. ALL PHOTOS: SARAH THOMAS MOFFAT

"I didn't think I would live past 30 at that point," AJ Ripley, a gender ambiguous person, says in the Vice Canada documentary On Hold: Investigating Transgender Health Access in Canada.

Ripley is seen standing in front of a portrait of their pre-transition self in the Marie Fox exhibit at the Beaverbrook Art Gallery in Fredericton, N.B. "I was 28 at the time and didn't imagine I would make it to 30. So as a 30-year-old standing here in an entirely different body, and looking at those eyes, I just want to hold that person and tell them that it's going to be OK."

It's a vulnerable moment in contrast to Ripley in the opening scene of On Hold, which they host and co-produced. (Ripley is non-binary and prefers the pronouns they/them/their(s).) The trans activist is on the phone trying yet again to schedule a meeting with New Brunswick's minister of health, Victor Boudreau.

Ripley wants a face-to-face meeting with Boudreau to discuss the health minister's comment that doctors don't need to service trans patients if they disagree morally and religiously with their identities.

New Brunswick is the only province in Canada that does not offer any funded procedures to transgender people. On Hold uses that fact as a jumping-off point to examine transgender health care access across the country.

"I'm one of the people who is waiting for surgery," Ripley tells Metro in a phone interview from Fredericton. "It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.

"Anywhere else I could apply and go through the paperwork and get it covered, but because my government doesn't pay for it, I have to crowdfund. That can feel like a shameful experience."

> **It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.**
> Transgender activist AJ Ripley

While other provinces offer some access to some surgeries, Ripley says that even in Ontario, which has one of the best trans health-care models, "there are still a lot of problems because of understaffing, lack of education and prejudice."

"When you're trans, your life really becomes your cause," says Ripley. "You're an activist from the time you wake up until the time you go to bed, unfortunately."

When allies ask how they can help, Ripley suggests sharing information on social media. "What I tell people is to like my article about what it's like to be a trans activist online. Put it on your (Facebook) wall if you're cisgender, heteronormative people. It might not receive a ton of likes but it doesn't mean people aren't reading it or engaging with it.

"It means the world to me to know that I have 50 or 60 people sharing this documentary in their social media realm," says Ripley, "knowing that will snowball to thousands of other people."

The trans activist was finally able to meet with the New Brunswick health minister, but Boudreau asked for patience until a budget review late in October. "At that time if he doesn't show us that he's trying to find a solution for trans people in the province, we'll have to ramp up our activism," says Ripley.

"Dr. Edgar in the documentary does say that what we've learned statistically through a number of surveys is that waiting equates to death," says Ripley. "So access to trans health care and gender reassignment surgery is not trivial or optional or elective, it's really a matter of life or death. People that spout ideas about these surgeries being cosmetic, I hope that they read more or watch the documentary and realize the damage in that narrative."

LEARN MORE

On social media

- Watch the documentary On Hold on YouTube or at vice.com.
- Follow AJ Ripley on Twitter @genderunicorn and on their blog, Trans Canada (My Way).

The science of lovesickness

INTERVIEW

Rejection's impact on the brain explored in new doc

A painful ache in your heart. Depression. Inability to stop crying.

These are all symptoms of a paralyzing illness that affects people all around the world — it's called lovesickness.

Biological anthropologist Helen Fisher is an expert on romantic love who has studied the effects of romantic rejection on the brain. She is also the lead scientist in a new documentary, Sleepless in New York

Describe the science behind lovesickness.

(Through brain scans of 17 people dumped recently), we found activity in a brain system that is completely linked with deep feelings of romantic love for the person. So when you've been dumped, you still continue to love them. We also found activity in a brain region linked with attachment, so even though they've dumped you, you still feel a feeling of deep attachment to this person. We also found activity in three brain regions linked with cravings. And one of those three is the main addiction centre for all drugs of abuse. Last but not least, we found activity in a brain region linked with the anxiety that goes along with rejection but also linked with pain.

Is romantic love addiction?

It is an addiction. The addiction centres become active.

How dangerous can romantic rejection be?

Well, if you kill yourself, that's the finale of your life on Earth. If you kill someone else, that's the finale for them. If you're stalking someone, you're terrifying them. And if you slip into clinical depression, you don't get out of bed.

Is there a formula for overcoming romantic rejection?

I would treat it as an addiction. Throw out the cards and letters. If you're giving up alcohol, you don't keep a bottle of vodka on your desk. Don't write. Don't call. Don't ask that person's friends about them.

TORSTAR NEWS SERVICE

The documentary Sleepless in New York by director Christian Frei follows people who have been rejected by their lovers in the days and weeks following their breakups. HANDOUT

STUDY

Parents now advised to introduce allergenic foods earlier

Parents should be feeding their babies potentially allergenic foods to ward off serious allergies, suggests a new review of recent evidence.

The review, published Monday in the Canadian Medical Association Journal, states that most babies at four to six months of age can begin eating these foods, which include cow's milk, soy, peanuts, tree nuts, eggs, wheat, fish, shellfish and sesame.

And once those foods have been introduced, it's important the baby continue to eat them on a regular basis or an allergy could develop.

"We're in the midst of a food allergy epidemic, so prevention is really important," said co-author Dr. Elissa Abrams of the University of Manitoba's department of pediatric allergy and clinical immunology.

> **In the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy.**
> Dr. Elissa Abrams

In the past, parents of babies at high risk of developing allergies were advised to wait 12 months to 36 months before introducing commonly allergenic foods.

"At the time we thought that if you allowed the infants' immune system and gut to mature it would decrease the chance that they would become allergic," said Abrams, who co-authored the review with Dr. Allan Becker.

Instead of food allergy rates dropping, as was expected, there was an increase in some areas.

"For example, in the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy," said Abrams.

Later studies "found that giving the foods late did not prevent allergies and in fact may actually increase the risk that these children would become allergic."

Groups including the Canadian Society of Allergy and Clinical Immunology now call for introducing peanuts to high-risk kids at between four and 11 months of age.

The new review does suggest it might be advisable for parents to visit an allergist if there is a history of allergies in the family.

A recent survey of Canadian households found that eight per cent, or one in 12 families, reported at least one food allergy.

Researchers have also learned more about what could be causing food allergies.

"We now think that you can actually become allergic through your skin, specifically broken skin such as in children with eczema, if they're exposed to these foods in the environment and not already eating them," Abrams said.

"So that's why the guidelines have shifted so dramatically from the old guideline, which was wait, to the new guideline, which is there is no need to wait."

Current guidelines say mothers don't need to avoid foods that commonly cause allergies while pregnant or breastfeeding. Many mothers ask what's the harm in avoiding the foods as a preventative measure.

"There is a harm," said Abrams. "In some of the studies, when moms avoided foods when they were pregnant, they were at an increased risk of having small children and having children that were born early."

Dr. Susan Waserman, professor of medicine in the clinical immunology and allergy division at McMaster University, said in her clinic they haven't been telling parents to avoid allergenic foods for many years.

"But we never had good evidence even to make that recommendation until this study," she said.

THE CANADIAN PRESS

More myopia seen in first-born children

STUDY

Oldest sibling at 10% greater risk of being short-sighted

First-born children have a 10 per cent greater risk of developing myopia compared to their siblings, according to research undertaken in Wales. The researchers point to a possible connection with parental investment in education.

Myopia in children is becoming increasingly prevalent in most countries and is proving to be a major challenge in public health terms.

While certain factors have been identified as triggers for this condition, such as genetics and the amount of time spent outdoors and indoors, a new study highlights a link between myopia and birth order.

Researchers at Cardiff University in Wales undertook a study using data from the UK Biobank database involving 89,000 participants aged between 40 and 69. None of them had had a family history of myopia, thereby removing any genetic factor that could affect their sight.

The researchers compared the participants' vision assessment and their risk of myopia by studying their birth order in the family.

Greater parental investment and the increased influence of educational criteria in the early childhood of first-born children could mean they are more exposed to factors triggering myopia, say the researchers.

The more studying the first-born children do compared to their siblings, the greater the difference in sight between them, reports the study, which points to parental role in children's school life, particularly first-born children, as a potential explanation for this phenomenon.

Their findings, which were published this month in the journal JAMA Ophthalmology, indicated that compared to their last-born and younger siblings, first-born children had a 10 per cent greater risk of becoming short-sighted and a 20 per cent greater risk of developing a severe form of myopia.

Taking their work a step further, the team then took account of environmental factors associated with the noted difference.

The researchers used two criteria: the highest educational qualification obtained and the age of completion of full-time education, in order to evaluate the degree of exposure to education depending on birth order.

Previous studies have shown that myopia is accentuated by intense reading, writing, and working at screens at school, university and in professional life.

The researchers suggest that reduced parental investment with siblings who follow the first-born could be linked to the lower risk of myopia in the younger and youngest siblings in a family. AFP

Welsh researchers have found a link between eye problems and birth order. ISTOCK

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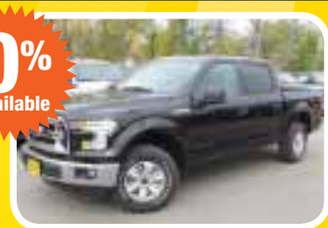

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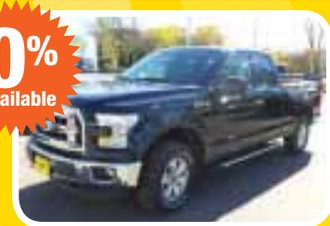

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HEALTH

Cost of funding IVF in Quebec a cautionary tale, study says

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost $45,000 to more than $100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost $600,000.

Those findings, say researchers, represent a cautionary tale for any other jurisdiction considering whether to fund a similar program.

In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

The actual cost is higher: the program does not reimburse patients for medications needed for IVF, which typically run between $3,000 and $5,000 per cycle and are often paid for by private insurance.

In all, 246 babies were born to women 40-plus during the 2010-2012 study period, said lead researcher Dr. Neal Mahutte, medical director of the Montreal Fertility Centre.

Researchers found that each live birth achieved through IVF for women aged 40, and using their own eggs, cost the government $43,153, a figure that increased exponentially with age, reaching almost $104,000 for 43-year-olds.

In contrast, IVF treatment that resulted in a live newborn for women under age 35 averaged $17,919, say the researchers. THE CANADIAN PRESS

One IVF birth for women over 40 in Quebec costs $45K to $100K. ISTOCK

Kanye West rant highlights app issue

Kanye West recently ranted on Twitter over in-app purchases on North's games. Some parents have bills for hundreds of dollars after their kids too clicked on purchase prompts. GETTY IMAGES

KIDS' GAMES

In-app purchases problematic for parents

Toronto single mom Robyn Holmes sympathizes with Kanye West.

Like the hip-hop star, who recently dropped an F-bomb on Twitter over in-app purchases for kids' mobile video games, Holmes has been burned by her young child inadvertently racking up a bill on her tablet.

In Holmes's case, her then-four-year-old daughter was playing Angry Birds and clicked on over a dozen in-app purchase prompts to advance to new levels.

"Then I start receiving these emails on my device, 'Thanks for your purchase,' and I'm like, 'Oh my God, what purchase?"' recalls Holmes, an IT problem manager.

"I look and all of a sudden I've got this $80 bill for stuff that she's bought."

Holmes didn't realize that certain settings on the tablet allowed her daughter to make in-app purchases. She's since learned her lesson — one that West clearly just did as well, based on his recent tweet that started with an expletive and then derided "any game company that puts in-app purchases on kids games!!!"

"That makes no sense!!! We give the iPad to our child and every 5 minutes there's a new purchase!!!" West continued in another tweet.

"If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake."

Actor Jack Black has also been affected by costly in-app purchases, lamenting on The Tonight Show Starring Jimmy Fallon in May that his young son spent $3,000 on just one game.

In-app purchasing is typically available in games that are advertised as free to download. Sometimes just the first few minutes of play are free, or users may be tempted with the option to buy more lives, bonus features or premium content with real money.

> **If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake.**
> Kanye West, in a tweet

Digital media expert Aimee Morrison, associate professor of English at the University of Waterloo, says the problem improved somewhat after developers of "free" games started indicating in app store descriptions when in-app purchases were available.

But the total cost of in-app purchases can vary wildly, she adds. Some games offer dozens of hours of fun for just a few bucks, while others require substantially more.

The biggest piece of advice from experts is for parents to change settings on their devices to prevent children from making such purchases.

Parents can also seek out kids' games that don't have such traps.

Toronto-based studio Sago Sago, for instance, makes apps that are free of in-app purchases and third-party ads for children ages two to four. Instead, most of the apps cost $2.99 for the entire game upfront.

"It creates challenges for us but the reality is that we've won the trust of a lot of parents," says CEO Jason Krogh.

Morrison says she would like to see more transparency from developers, with kids' apps disclosing how much it would cost to achieve full functionality in a game. The Samuelson-Glushko Canadian Internet Policy & Public Interest Clinic, based at the University of Ottawa, has defended several clients dealing with this very issue.

Director David Fewer says one client had a child rack up over $800 in purchases on what was at the time a popular kid-focused gaming platform.

"Usually the first response is to go back to whoever it is that's taking your money and say, 'We didn't agree to this. You shouldn't be charging me this. This is outrageous,"' says Fewer. "And usually the companies are good enough to reverse the charges."

Fewer says he'd like to see more safeguards in place, such as a secondary confirmation prompt telling the card holder that their account is about to be used.

"Because it is abusive of consumers," he says. "Most people will contest an $800 bill, but how many people will contest an $8 bill or even an $80 bill?" THE CANADIAN PRESS

LEARNING CURVE

Diploma creates a bridge

SHUTTERSTOCK

The new diploma program in logistics and supply chain management at the Robertson College in Winnipeg is a path-breaking program that imparts the necessary skills and managerial understanding for a long-term career in the supply chain sector — the most highly sought after sector in the Canadian job market today.

"There is a huge deficit of skilled workers in this field," says Dr. Rajbir Singh Bhatti, instructor, logistics and supply chain program, Robertson College Winnipeg. "This diploma program serves to help create a bridge between the immense job demand and the skills of potential workforce."

Students learn the basics of the various issues they would be expected to know in the supply chain sector, be it in warehousing, transportation, operations management, logistics, demand forecasting, or purchasing.

This program prepares students for the challenges of a career in logistics and supply chain management while also equipping them with the flexibility necessary to work in a variety of different industries and to handle different situations at any given time.

It is the only program available that does not only prepare students for short-term vocational jobs, but also empowers them to gain useful managerial insights that would be crucial for them to move on to middle-level managerial roles.

The program has modules on logistics, transportation, demand forecasting, inventory management and operations management as core modules and other modules like project management, office procedures and communication that help prepare students from an all around subject matter and work ethics perspective.

"Other than that, they develop analytical skills by working on real-life case studies developed meticulously by the top business schools of Canada (like the Richardson IVEY Business School)," Bhatti says. "The cases help the student get to see the real issues in Canadian supply chains and develop the insights required to analytically examine the issues and come up with solutions."

Students will learn to work individually and also in teams on various projects involving large supply chain giants in Canada.

Students also develop computer skills and other skills required to present their findings in a meaningful manner to interested audiences.

For more, visit robertsoncollege.com.

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STUDENTS TO BENEFIT FROM ONLINE LIBRARY

A new Manitoba government program will provide post-secondary students and teachers with free access to an online book library, reducing the often significant cost of purchasing textbooks.

The library contains open textbooks, which are textbooks created and reviewed by educators. They are licensed under open copyright licenses and made available online to students and faculty, as well as members of the public. There are currently 104 textbooks available through the online library, with 50 additional titles expected this fall. Much of the free content applies to the academic subject areas with the highest enrolment, so large numbers of students will benefit. Faculty members are allowed to adapt and customize the content to meet their course needs.

"Textbooks are one of the biggest costs faced by post-secondary students, and it can be a significant barrier in the pursuit of further education," says James Allum, minister of education and advanced learning. "This exciting initiative offers alternatives to traditional textbooks with free online access, which will ensure the best quality education possible, while keeping more money in the pockets of hard working students."

The new initiative was welcomed by the Canadian Federation of Students — Manitoba.

"This is a positive step forward being undertaken by the provincial government," says Michael Barkman, chair, Canadian Federation of Students — Manitoba. "Students will benefit from this new initiative and we look forward to continue to work together in order to achieve more accessible, affordable and high-quality post-secondary education in Manitoba."

Allum says the new open textbook initiative builds on his government's post-secondary education strategy, which was announced earlier this year.

"We recently became the first province in Western Canada to eliminate provincial interest on all student loans, and we also provide a tuition tax rebate that gives back an average of $1,000 to students after they graduate," Allum says. "Our government is committed to keeping Manitoba's post-secondary education costs among the lowest in the country."

For more about the open textbook initiative, visit open.campusmanitoba.com.

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STEADY GROWTH
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Manitoba

Learn the basics from the ground up

MITT carpentry program provides both hands-on and theory instruction

The Manitoba Institute of Trades and Technology (MITT) carpentry program provides an introduction to one of the world's original and most fundamental Red Seal trades.

"Nothing gets built without carpenters," says Bruce Fergstad, senior carpentry instructor. "We teach people the basics, literally, from the ground up."

This program starts with theory in the classroom and then move into hands-on training with the classic hand tools, then power tools, and then how to build a build a typical structure, such as a house, starting with the basement and working up to the rafters.

"Safety is crucial as well," Fergstad says. "It's part of every lesson and we want them to understand that from Day 1."

DAN HARPER PHOTO

For the past four years, MITT carpentry students have put their skills to work on building houses. After completing their classroom and workshop portions, they have continued with their practical portion by working on a real house under the close supervision of instructors and site foremen.

"When the students see how their efforts get made into a real structure, they get a big thrill," says Cal Wiebe, also an MITT carpentry instructor. "Whether it's seeing a house finished, a shed or even a bench, they made it, and now it's there in reality and they can show everyone what they achieved with their own talent, hard work and skill."

MITT runs multiple classes per year in carpentry Level 1, with about 20 students per class. The small size helps students grasp the training better and also allows more individual attention from the instructors.

The average student age is about 25 years of age, but the school has had people as old as 73 who wanted to improve their carpentry skills.

The instructors are highly experienced, with several decades of experience between them, both on the job and in the classroom.

MITT carpentry program grads are in high demand and employment is in line with MITT's overall post-grad employment rate of almost 90 per cent.

For more information about the carpentry program at MITT, visit MITT.ca.

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Devin Godfrey
MITT carpentry student

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KEEP WORKING AND EARN A DIPLOMA

RED RIVER COLLEGE PART-TIME PROGRAMS

Part-time programs are a great option for people with busy lives, and also for people who are looking to complete programs faster.

The Red River College part-time business administration program allows students to keep working while they earn their BA diploma, as well as assist full-time students speed up completion of their program by taking advantage of CE's online and spring/summer course offerings.

"The part-time BA program is available evenings in classroom delivery with selected courses also available in an online format, allowing students maximum flexibility in completing the program while balancing work, family and leisure," says Debra Wutke, program manager, business and management portfolio, school of continuing education, Red River College.

"It also provides the option for full-time students to take their courses at different times to either lighten the term load or to retake a course to improve a grade."

This diploma program has been designed to equip graduates with the skills to pursue careers in business and management with specialties in accounting, administration, marketing, human resource management and financial services.

"Students will acquire skills in supervision, management, accounting and communication, as well as more specific skills depending on the major selected and the electives chosen to complement one's knowledge areas," Wutke says.

This program is also offered as a full-time option.

While the full-time program requires students to attend four prescribed terms over two years, the part-time program allows students to set their own pace, according to how they schedule the core and elective courses around their other commitments.

CONTRIBUTED

Students can set an accelerated pace as their time allows, or stagger the program requirements over a period of eight years.

Both the full-time and part-time programs deliver theoretical foundations with a strong emphasis on applied learning, making graduates job ready at the conclusion of the program.

Many of the courses are recognized for credit in other college programs and at other institutions.

As well, the college's recognition of prior learning (RPL) program evaluates student experience and learning from other sources for credit in this program.

For more information about this program, please visit rrc.ca/bua.

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Demand for health-care aides is growing

Training for a rewarding career as a health-care aide takes less than a year, yet Canada is significantly lacking in competent, committed health-care professionals to assist the rapidly growing aging population.

Health-care aides provide care services and support for daily activities to individuals such as those affected by disabilities or chronic illnesses. Essential tasks include palliative care, measuring vitals, medication management, and more.

Health-care aides are always in demand and there is no time like now to join this rewarding field. With Canada's aging population expected to more than double by 2036, the need for caring, devoted health-care professionals is in critical demand.

CDI College's health-care aide diploma program offers a comprehensive curriculum that combines classroom theory with hands-on training to ensure graduates have the necessary skills and knowledge to excel in their career. As part of the program, students will have the opportunity to hone their skills in a clinical placement in a long-term care and home care settings.

For more information, visit STUDY.CDICOLLEGE.CA or call 1-800-360-7186.

Satender Singh

CONTRIBUTED

REWARDING EXPERIENCES

For Satender Singh, taking a break from work after 10 successful years in strategic sourcing and supply chain with automobile industry was not that easy.

However, with his profound aspiration to enrich his proficiencies, he attended many education fairs and explored hundreds of universities.

"While exploring and researching I came across the project management course offered by PACE (the University of Winnipeg's Professional, Applied and Continuing Education) and ended up choosing it, which proved invaluable to my career," Singh says.

As an international student, the PACE faculty not only provided Singh with the academic excellence he sought out in Canada, but also helped him adjust to being in a new country and helped him to call it home.

"Refreshing my memories, when the first time I landed at the Winnipeg airport, the PACE faculty member was there for my airport pickup," Singh says.

Singh says he now has a healthier sense of self-esteem and a feeling of great accomplishment through the training he received throughout the full-time project management diploma program, which he has been able to carry into his new career as a procurement specialist at New Flyer Industries.

"My experience as an international student has been incredibly stimulating, enriching and rewarding," Singh says. "It realized my practical experience into a powerful Canadian experience and I had two job offers at the end of my internship."

The next start date for this program is May 4, 2016, and is 12 months in length.

For more information about PACE, please visit pace.uwinnipegcourses.ca.

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NATURAL APPROACH TO YOUR WELL-BEING

MASSAGE WORKSHOPS AT WELLINGTON

SHUTTERSTOCK

Some people use massage therapy for healing their body, others use it as a form of relaxation.

No matter the reason or purpose, Wellington College offers training through its full- and part-time remedial massage therapy programs, as well as through its many workshops offered throughout the year.

"Massage therapy is a non-invasive and natural approach to well-being," says Tricia Neill, operations manager, Wellington College.

"A few of the benefits are stress reduction, an increase in circulation, stimulation of the flow of lymph (the body's natural defence system), relaxation of injured and overused muscles and pain relief."

This November, Wellington College will be offering two workshops — one open to the public and the second targeting massage therapists looking for specialized training.

On Nov. 14, Wellington College will be offering the introduction to massage therapy workshop. This one-day workshop is open to the public and is ideal for those new to massage and wish to use massage with family and friends.

It provides a very basic understanding that enables participants' friends or family to feel the benefit of massage.

"Participants may have a friend or family member that is unable to visit a clinic, or perhaps a job that is high stress," Neill says. "Even a short, basic massage can have many benefits for the recipient."

From Nov. 6-8, Wellington College is holding a three-day lymphatic integration workshop for massage therapists. This course is designed to provide massage therapists with an assessment and treatment methodology for the lymphatic system.

"An in-depth review of the lymphatic system will be followed by techniques to enhance the general lymphatic and immune system," Neill says. "While not a course of treatment for lymphedema, utilizing the techniques can enhance the treatment plan of a massage therapist."

Neill says some benefits of incorporating lymphatic system work include edema reduction, relaxation, pain reduction, reduction of swelling, and fluid retention from trauma or surgery.

For more about these workshops or the massage therapy programs at Wellington College, visit wellingtoncollege.com.

Garlic has been used in herbal medicine for hundreds of years. SHUTTERSTOCK

Fight the flu by what you eat

With each day the weather gets colder, and thoughts turn to bundling up and hunkering down. But as the temperature drops, we are reminded that flu season is right around the corner.

"There are some really simple ways to help your family fight the flu this winter," explains Laura Weyland, a pharmacist with Shoppers Drug Mart. "People don't have to wait it out and hope for the best. There are three easy tips to help keep you healthy this year: eat well, wash your hands frequently, and get the flu shot."

"While it's important to make healthy food choices all year, it's also a good idea to look at what you eat during flu season to ensure you're getting the nutrients your body needs," says Laura McCann, a registered dietitian with Loblaws.

"Vitamins C and E are antioxidants for the maintenance of good health while zinc supplements have been proven to help maintain immune function. Foods that contain an abundance of these are good to look for during your grocery shop."

Below are a few foods that will help you maintain a healthy diet:

Citrus Fruit
Not only are citrus fruits a good source of vitamin C, they're naturally delicious.

If fresh fruit is not an option, look for fresh or frozen 100 per cent fruit juice.

Beans and Legumes
Boost your zinc intake by including a variety of beans and legumes in your diet.

Nuts and Seeds
A variety of nuts and seeds during cold and flu season help you benefit from vitamin E — a dietary antioxidant that helps in the maintenance of good health.

Garlic
Raw garlic has been traditionally used in herbal medicine for hundreds of years to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.

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Getting a good night's sleep is key in fighting colds and flu. SHUTTERSTOCK

Tips to keep your kids germ-free

With kids back to their regular routine of school and extra-curricular activities, families often struggle to keep everyone healthy during the dreaded cough and cold season.

Here are a few tips to keep your kids germ-free:

• Start off with getting a good night's sleep. Take cues from physical signs of sleepiness (yawning, difficulty focusing your eyes, a lack of concentration), indicating that it's time to go to bed.

• Be active as often as possible. Make exercise a priority for both you and your family's physiological and psychological health. For parents and children who stay active it's common, to experience some post exercise pain or even injury. When injuries or pain occur, try relieving muscle pain by applying a topical like Arnicare Gel. The gel, which contains arnica montana and other medicinal ingredients, temporarily relieves muscle pain and reduces swelling and bruising.

• Adopt healthy eating habits to feel better, naturally. As you get your children ready for school, make a fresh start with healthy foods to nourish their brains and help them grow.

• The fall means the start of the cold season. Look for a homeopathic medicine such as Coryzalia to relieve cold symptoms such as nasal congestion, runny nose and acute rhinitis in children ages one month and up and adults alike.

• Nasal and skin irritations often accompany runny noses and congestion. Cicadermine is a homeopathic, antibiotic-free solution, to soothe skin and facilitate healing of irritations, such as chapped skin, superficial wounds and redness from constant wiping and blowing.

• When stubborn coughs arise, many parents think that they are out of treatment options for their younger children. But there is a solution available to relieve coughs in children under six. Stodal is a homeopathic honey-based cough syrup used to effectively relieve both dry and wet coughs in children from one to 11 years of age. Keep in mind, these homeopathic medicines may not be right for everyone, always read and follow the label.

To help parents survive the cough and cold season, the experts at Boiron have developed the "Homeopathic Medicine Finder" App, which helps users quickly and efficiently find the most appropriate homeopathic medicines to relieve symptoms from joint pain, insect bites, stress, colds and flu. You can find the recommended solution, its indication and dosage, coupons and store locations.

An ounce of prevention

Here are some ways you can help protect yourself so you're enjoying the season instead of nursing a seasonal sickness:

GET VACCINATED
Getting vaccinated is the best way to help keep influenza from interrupting your life. To learn more about the flu shot, visit your Shoppers Drug Mart Pharmacist or go to shoppersdrugmart.ca/flushot.

WASH UP
Fact: that shopping cart or doorknob you just touched could have germs that lead to a cold or flu. To make sure your hands are properly clean, rub them with soap and warm water for 15 to 20 seconds. If you aren't near a sink, have a hand sanitizer handy.

GET SOME REST
Getting at least seven hours of sleep a night helps you control the hormone cortisol, which is responsible for regulating your immune system. Some ways to help you fall asleep include avoiding rich meals right before bed, not drinking too many liquids before going to sleep and maintaining a regular sleep schedule.

SHUTTERSTOCK

A SOLID D
Living in a northern climate means we may be deprived of the vitamin D our immune system needs to function properly. Foods like milk and salmon are loaded with vitamin D, and you can supplement your diet with a multivitamin to help your body store the D it needs to help you stay healthy this season.

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For your throat and chest
Your Pharmacist can recommend a product right for you. A product like Robitussin Cough Control Extra Strength with Mucus and Phlegm Relief soothes throats and helps relieve dry coughs and chest congestion.

For your sinuses
Otrivin® Saline is a natural nasal spray to unblock your nose. Breathe Right® non-medicated nasal strips can open up your nose instantly — and they're available for kids, as well. Advil® Cold & Sinus can also give relief, opening your airways by shrinking swollen nasal passages and making it easier to breathe.

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SHOPPERS DRUG MART

The Jays claimed switch-pitcher Pat Venditte off waivers from the A's before Game 3

Goins gets tough as Jays erupt

MLB POST-SEASON

Tulowitzki, Donaldson join him in homer parade

ALCS Game 3

11 8

Troy Tulowitzki, Josh Donaldson and Ryan Goins homered as the Blue Jays bats woke up Monday night, battering Royals ace Johnny Cueto in an 11-8 Toronto win that cut Kansas City's lead to 2-1 in the American League Championship Series.

Kansas City rallied for four runs in the ninth but it was too little, too late.

The Royals won 5-0 and 6-3 in Kansas City, handcuffing the Jays' powerful offence. But that changed in Game 3 in front of a loud sellout Rogers Centre crowd of 49,751. "We need to score," Toronto manager John Gibbons said before the game. "That's kind of who we are."

And that's exactly what they did, with Tulowitzki, Donaldson and Goins combining for nine RBIs. The 11 runs set a Toronto franchise record for most runs scored in a post-season game at home. It also marked the third time in Jays' playoff history that the team has scored 10 or more runs. The three homers matched a franchise single-game playoff mark.

Apart from the Royals rally, the lone sour note was Tulowitzki's ejection after taking the field in the eighth, seemingly for chirping home plate umpire John Hirschbeck. The Jays shortstop, who had to be held back by bench coach DeMarlo Hale, had just struck out for the second time and wasn't happy about it. Neither was the crowd.

After giving up a run to Kansas City in the first inning, Toronto sent eight men to the plate in the second and nine in the third to build a 9-2 lead. Goins, who had driven in two earlier runs, made it an even 10 with a solo shot in the fifth.

Birthday boy Jose Bautista, who turned 35, made it 11-4 with an RBI single in the eighth. The Royals added two runs on three hits and a sacrifice fly in the ninth off Liam Hendriks, forcing Gibbons to bring in closer Roberto Osuna.

Kendrys Morales then hit a two-run homer to make it interesting. For Goins, it was an evening of redemption after a fielding blunder that opened the door to the Royals winning rally in Game 2 Saturday. He did damage with the bat and showed off his silky fielding skills.

For Tulowitzki, who is still feeling the effects of a late-season shoulder injury, it was a second straight successful outing at the plate after a playoff slump.

For Cueto, it was simply a night to forget. He was pulled after giving up four runs in the third when he failed to get out the five hitters he faced. He retired just six of the 17 batters he faced.

Cueto gave up eight runs on six hits with four walks, one hit batsman and two strikeouts in two innings. He threw 69 pitches, of which only 39 were strikes.

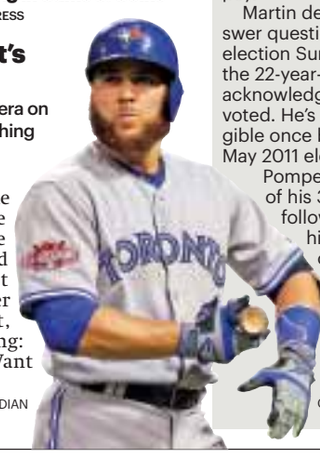
In going down in flames, Cueto set a Royals record for runs allowed in a post-season game. And he became the first pitcher in post-season history to allow at least eight earned runs and 11 base-runners in two or fewer innings pitched, according to ESPN Stats.

The crowd rode the Dominican right-hander throughout his time in the game and kept it up after he left, chanting: "We Want Cueto." THE CANADIAN PRESS

Blue Jays' Ryan Goins watches his two-RBI single during the second inning in Game 3. Goins also hit a solo homer later for a three-RBI haul. CHARLIE RIEDEL/THE ASSOCIATED PRESS

"Have you ever tried to catch a butterfly as it's floating around in the air?

Russell Martin, pictured, who says he wishes he could put a camera on his mask so viewers could see the movement he sees when catching Tuesday's Game 4 starter, knuckleballer R.A. Dickey.



NOTES

No cans versus K.C.—in dome's upper deck

Blue Jays fans sitting in the 500 level of Rogers Centre for Monday's game had to settle for drinking their favourite tipple out of a plastic cup.

The decision came after some unruly fans threw debris on the field, including beer cans, after a controversial call went against the Jays in Toronto's game against Texas on Wednesday.

Did they vote?

The lone Canadians on Toronto's roster are Russell Martin and Dalton Pompey.

Martin declined to answer questions about the election Sunday, while the 22-year-old Pompey acknowledged he's never voted. He's only been eligible once before, for the May 2011 election.

Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote "I'm definitely going to tweet it out and raise awareness," he said. THE CANADIAN PRESS

CFL

Eskimos keeping its defensive Steele

The Edmonton Eskimos have signed national defensive tackle Eddie Steele to a contract extension through 2017.

Steele recorded 13 defensive tackles and one quarterback sack, helping the Eskimos to a 12-4 record so far this season. He also started at nose tackle and filled in at right guard on the offensive line for Weeks 11 and 12 due to injury.

Steele has 60 defensive tackles, two special teams tackles, 10 quarterback sacks, one interception and one fumble recovery with Edmonton since signing as a free agent before the 2013 season. He was the Eskimos nominee for Most Outstanding Canadian last season.

Eddie Steele GETTY IMAGES

The six-foot-two, 280-pound native of Winnipeg was originally selected by the Hamilton Tiger-Cats in the third round of the CFL Canadian Draft. He has 92 defensive tackles and 11 quarterback sacks over six CFL seasons. THE CANADIAN PRESS

NHL IN BRIEF

Habs' Price wins NHL award

Montreal goaltender Carey Price has been named the NHL's first star of the week after helping the Canadiens to their best start since joining the league.

Price went 3-0-0 with a 1.00 goals-against average, .963 save percentage and one shutout as the Canadiens improved to 6-0-0, their best start in their 98-year NHL history.

He began the week with 31 saves in a 3-2 victory over Pittsburgh, and followed that with his 35th career shutout, a 3-0 win over the New York Rangers. THE CANADIAN PRESS

Power outages play havoc with L.A. Kings' practice

The Los Angeles Kings' practice schedule is on thin ice these days while power outages plague the neighbourhood around their training complex.

The Kings were forced to cancel the on-ice portion of practice Monday for the second time this month because the ice at the Toyota Sports Center wasn't playable. The area just southeast of LA International Airport has endured multiple power outages in October. The complex is also home to the Lakers. THE ASSOCIATED PRESS

WOMEN'S SOCCER

Canada's Buchanan goes for Ballon d'Or

Canadian coach John Herdman has long said teenage defender Kadeisha Buchanan had star quality. On Monday, he was proved right again as the 19-year-old from Brampton, Ont., was one of 10 shortlisted for the 2015 Ballon D'Or, which honours the women's player of the year.

Herdman, meanwhile, is shortlisted for women's world coach of the year for the second time in his career. He was also nominated in 2012, when he finished sixth in voting. Contenders for the FIFA men's playing and coaching awards will be announced Tuesday.

Kadeisha Buchanan GETTY IMAGES

Buchanan, who plays collegiate soccer at West Virginia, turned heads at the Women's World Cup on home soil this summer when she won the Hyundai Young Player Award and was the lone Canadian on the tournament all-star squad. Still a teenager, Buchanan already has 40 caps. Tough, physical and fast, she is the anchor in the Canadian defence. TORSTAR NEWS SERVICE

RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is as much vegetables as it is pasta yet it's still pure comfort in a bowl. **Serves 4.**

Ready in
Prep time: 20 minutes

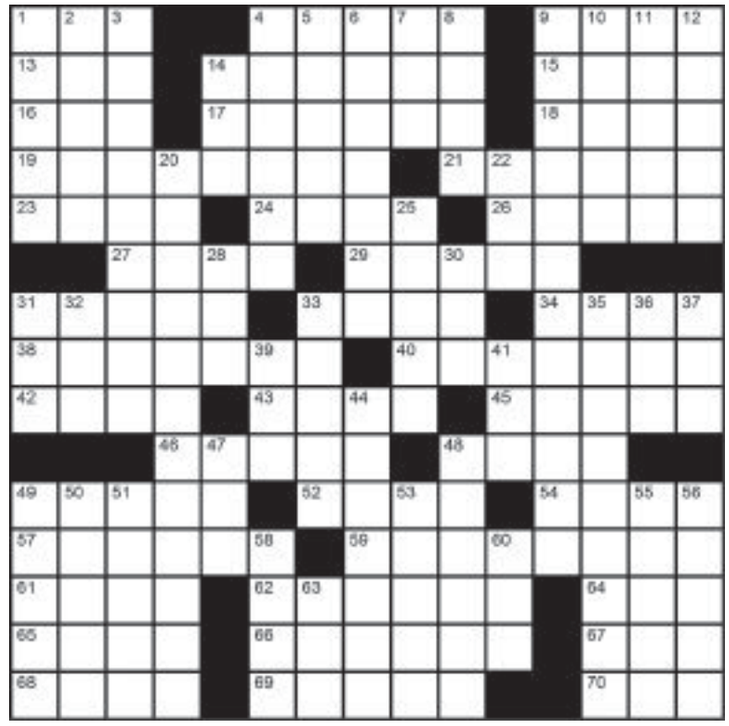
Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusili
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions
1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp up, about 5 to 7 minutes.
2. Put a big pot of salted water on to boil for the pasta.
3. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so that the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.
4. Cook your pasta according to the package instructions. Drain it well and throw the cooked noodles into the vegetables and give it all a good stir.
5. In a small bowl, whisk up the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. WWII fliers
4. Mountain bottoms
9. Earthenware pot
13. Calder Cup sports org.
14. Reach that destination on horseback: 2 wds.
15. Canadian actress Ms. Mitchell
16. Egyptian _ (Cat breed)
17. Mystery writer Ms. Christie
18. Chocolate or Pound
19. Slowly-but-surely
21. Sandwich roll
23. Mr. Hershiser
24. Ms. Brockovich
26. Category
27. Infliction
29. Bestseller, often
31. Thud
33. Prefix to 'culture'
34. _/_ radio
38. Loverboy's "Working for the _"
40. Coat: French
42. Unaltered
43. Music's Tori
45. Cars of Italy
46. Dobie Gray hit: "_ '_' Crowd"
48. Much: 2 wds.
49. Analyze
52. Rip
54. Cosy retreat
57. Actress Sissy
59. Crafts people
61. Ms. Kotb of NBC
62. Values
64. Ms. Leoni
65. Wing-shaped
66. Do charades: 2 wds.
67. Boo-boo do
68. Klingon in the 'Star Trek' universe
69. Mythological blood
70. Lefts opposites [abbr.]

DOWN
1. Sylvester Stallone role
2. Not _ _ out of place
3. Title of American composer John Cacavas' music piece featured in the Canadian wildlife TV vignettes Hinterland Who's Who: 2 wds.
4. England... Iconic bell/clock in the Elizabeth Tower in London: 2 wds.
5. Irish tune: "Robin _"
6. Literary locale
7. Shakespearean suffix
8. Saturate
9. The scientists at #48-Down jointly won "for the discovery of neutrino _, which shows that neutrinos have mass"
10. _ Apso (Dog from Tibet)
11. 'Great' waters
12. Australian attraction, _ Rock
14. Mr. Liotta
20. Layering piece for Fall fashion: 2 wds.
22. High card
25. Standards
28. Pres. Eisenhower
30. Through
31. Shirley's portrayer on "Laverne & Shirley" ...her initials-sharers
32. French actress Ms. Seydoux of the upcoming 007 flick
33. Acknowledge
35. Carnivore
36. Business excess
37. 12th Greek letters
39. Scottish refusal
41. Dallas Cowboys org.
44. When astronauts aren't in space, they are where?: 2 wds.
47. Donkey's partial laugh
48. 2015 Nobel Prize in Physics winners: _ B. McDonald (Canada) and Takaaki Kajita (Japan)
49. "Poppycock!"
50. Speedskater, _ Anton Ohno
51. "M*A*S*H" role
53. _-Detoo (George Lucas character)
55. Hagar the Horrible's dog
56. Ivan and Nicholas
58. "The Bridge on the River _" (1957)
60. 'Violin' suffix
63. Job [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In one area of your life at least your efforts are about to pay off. However, your health could suffer if you overdo it physically. You need to get the balance between work and play just right. Make that your aim today.

Taurus April 21 - May 21
You may be tempted to force through changes you know others don't want but think of the resentment that could create. You may have a remarkable will to win, but you don't have to win every time.

Gemini May 22 - June 21
If you find yourself in a situation that makes you feel uncomfortable then get up and leave. Don't worry that it might be interpreted as being rude.

Cancer June 22 - July 23
Pay no attention to rumours today. If certain people want to spread gossip that's up to them but it won't do you any good, so keep your distance and make sure you deal only in facts.

Leo July 24 - Aug. 23
You could clash with someone who does not share your principles — or maybe has no principles at all. Just remember there are many out there who share your beliefs.

Virgo Aug. 24 - Sept. 23
You cannot keep up your present frantic pace for much longer, and if common sense doesn't tell you then what happens over the next few days will hammer home the point, maybe painfully. Slow down and calm down.

Libra Sept. 24 - Oct. 23
Don't get emotional about something that needs to be dealt with on a purely mental level. If you allow your feelings to get the better of you then you will only confuse yourself.

Scorpio Oct. 24 - Nov. 22
Try not to take yourself too seriously, especially if certain people flatter you. Most likely they are after something and hope that by saying the right things you will give it to them. But you're not that gullible, are you?

Sagittarius Nov. 23 - Dec. 21
There are a lot of challenges coming your way but you will come through unscathed. Even the most testing trial can be turned into a triumph if you show the right attitude.

Capricorn Dec. 22 - Jan. 20
You may find it difficult to get along with certain people. Make the effort because there could be financial repercussions if they feel you are being unfriendly for no good reason.

Aquarius Jan. 21 - Feb. 19
Control your temper, no matter how much others provoke you. Keep your cool by reminding yourself what could be at stake in the long-term — your professional status.

Pisces Feb. 20 - March 20
Anyone who takes you on today is likely to regret it. Cosmic activity in your opposite sign of Virgo makes you hugely combative, so much so that you may actually go looking for trouble. Try not to alienate people.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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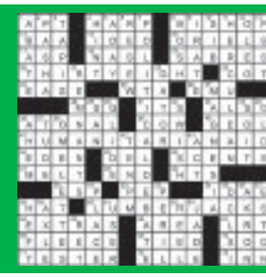

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